

The FLORIDA CENTERS of SLEEP MEDICINE

Good Nights & Better Days

Your Physician has ordered a Sleep Study for you

WHAT HAPPENS NEXT?

A Representative from our scheduling office will contact you to schedule your sleep study appointment. If you would like to call us we can be reached at 904.215.7556 or 1.877.757.9355.

OUR LOCATIONS:

We have locations in the Jacksonville and Orange Park/Fleming Island area. For your comfort and convenience, you will be scheduled at the location of your choice.

WHAT IS A SLEEP STUDY?

A Sleep Study is a polysomnogram. It is a noninvasive, pain-free procedure that requires spending the night in a Sleep Facility. A trained Sleep Technician records multiple biological functions during sleep such as brain wave activity, eye movement, muscle tone, heart rhythm and breathing via electrodes and monitors placed on the head, chest and legs.

WILL MY INSURANCE PLAN COVER MY SLEEP STUDY?

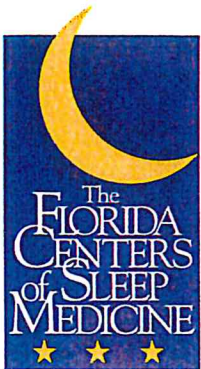
We are contracted with most insurance plans which may cover most of the cost of a Sleep Study. Your benefits will be verified prior to your appointment so you will know if you have any out-of-pocket expenses.

WHAT TO BRING:

You will have your own private bedroom. Feel free to bring anything that may make your stay more comfortable - for example, a favorite pillow. Nightwear is appropriate but shorts and a tee shirt are also fine; whatever makes you more comfortable. Be sure your hair and scalp are cleaned and are free of any products or hair enhancements. Bring any regular medications that you normally take and avoid caffeine at least six(6) hours before arriving.

WHO ARE WE?

Established in 1996, The Florida Centers of Sleep Medicine are accredited facilities specializing in the diagnosis of sleep related disorders.



Our mission is to provide superior care to those whose welfare is entrusted to us. Our primary focus is to respond to your needs in a professional, conscientious and comfortable environment. We have physicians who are Board Certified in the Specialty of Sleep Medicine and Technicians that are trained in polysomnography.

All our facilities are licensed by the Agency for Healthcare Administration & accredited by the American Academy of Sleep Medicine.

For additional information or questions, please call our administrative office at 904.215.7556.

www.FloridaSleep.org

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